

VALENCIA COUNTY OLDER AMERICAN PROGRAM
MONTHLY MENU – July 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Tamale W/Red Chile Lettuce/Tomato Spinach/Spanish Rice Fruit/Milk	Cucumber Salad Chicken Salad Sandwich Lettuce/Tomato Potato Chips Fruit/Milk	CLOSED HAPPY 4th!!!!
6	7	8	9	10
Green Bean Salad Beef Tips/ Mushroom Sauce Carrots Rice-Crackers Milk-Fruit	Zucchini Salad Lettuce/Tomato/Salsa Beef Tacos Pinto Beans Milk Fruit	Tomato & Onion Salad Pork Carnitas W/Red Chile Squash Refried Beans/Tortilla Fruit/Milk	Carrot Salad Ground Beef Steak W/Onions Green Beans Mashed Potatoes/Roll Milk - Fruit	Tossed Salad Chicken Breast Broccoli Potatoes Au Gratin Roll Milk - Fruit
13	14	15	16	17
Cole Slaw Sloppy Joes Onions & Jalapenos Potato Milk - Fruit	Tossed Salad Baked HamW/ Pineapple Glaze Green Beans Sweet Potato-Roll Milk-Fruit	Beet & Onion Salad Chicken Strips Peas & Carrots Mashed Potatoes Gravy Milk - Fruit	Cucumber Salad Salisbury Steak Vegetable Medley Scalloped Potatoes Bread Milk - Fruit	Tuna Salad Sandwich Lettuce/Tomato Carrot Sticks/Ranch Dressing Peas & Cheese Salad Potato Chips Milk - Fruit
20	21	22	23	24
Green Bean Salad Beef and Macaroni Italian Vegetables Garlic Bread Milk - Fruit	Zucchini Salad Lettuce/Tomato/Salsa Beef Tacos Pinto Beans Milk Fruit	Tomato & Onion Salad Hot Turkey Sandwich Brussel Sprouts Mashed Potatoes Gravy Milk - Fruit	Cole Slaw Chile Cheese Dog Onions Chuck Wagon Mix Potato Chips Milk - Fruit	Carrot Salad Roast Pork Broccoli Scalloped Potatoes Roll Milk - Fruit
27	28	29	30	31
Bean Salad Spaghetti w/Beef Sauce Italian Vegetables Garlic Bread Milk Fruit	German Salad Bratwurst Sauerkraut Onions & Bell Peppers Ranch beans Milk/Fruit	BF Potluck/ Birthday Party With Fiddlers & Musicians Of NM	Tossed Salad Asian Chicken Oriental Vegetables Rice Crackers Milk/Fruit	Red Chile Beef Enchiladas Lettuce/Tomatoes Spinach Beans Milk/Fruit